

My Cold-Weather Home Care Plan



When it's cold outside, Right at Home wants to help keep you and your loved ones safe and warm inside.

Home Checklist:

- ☐ Set home temperature to at least 68° F to 70° F.
- ☐ Close heat vents and shut doors in rooms that are not used.
- ☐ Add caulk, weather strips or plastic film around drafty windows.
- ☐ Change furnace filter and check to make sure furnace is working.
- ☐ Clean debris from fireplaces and chimneys.
- ☐ Reverse ceiling fans to circulate warm air.
- ☐ Patch foundation and attic holes.
- ☐ Turn off and insulate outdoor faucets. Blow out outdoor sprinkler systems.
- ☐ Check all space heaters and review safety features.
- ☐ Keep ice melt, sand or kitty litter nearby for treating icy surfaces.









Items you may consider installing include a **digital thermostat** in the home to help regulate indoor temperatures and **automatic outdoor lighting** that turns on/off at dusk/dawn.

Personal Care Checklist:

- ☐ Place throw blankets on couches, chairs and other easy-to-reach areas.
- ☐ Fill a basket with extra socks, gloves, hats and scarves.
- ☐ Add a thin layer of clothing, like long underwear, close to the body to wick away moisture.
- ☐ Dress in layers to make it easy to add or remove clothing as body temperature changes.
- ☐ Review all medications for any temperature-lowering effect.
- ☐ Stock water and nonperishable foods in case of emergency.



Emergency Kit Checklist:

-  Batteries
-  Flashlight
-  Nonperishable foods
-  Bottles of water
-  Hand warmers
-  Extra blankets, socks, hats and gloves

Emergency Plan

In case of a power outage or other emergency in which my loved one needs to leave the home, please call:

Emergency Contact: _____ Phone # () _____

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Evacuation Instructions: _____

Additional Home Services

Snow Removal: _____ Phone # () _____

Gas Company: _____ Phone # () _____

Internet Company: _____ Phone # () _____

Other: _____ Phone # () _____

Other: _____ Phone # () _____



(877) 697-7537

www.rightathome.net

Right at Home offers in-home care to seniors and adults with disabilities who want to live independently. Most Right at Home offices are independently owned and operated and directly employ and supervise all caregiving staff. Each caregiver is thoroughly screened, trained and bonded/insured before entering a client's home. With more than 300 locations across the U.S., you'll find a Right at Home near you.